

# PATENT ABSTRACTS OF JAPAN

(11)Publication number : 04-008256

(43)Date of publication of application : 13.01.1992

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(51)Int.Cl. A23L 1/015  
A23L 1/212  
A61K 35/78

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(21)Application number : 02-106646

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(22)Date of filing : 24.04.1990

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## (54) ELIMINATION OF ACTIVE OXYGEN WITH VEGETABLE

### (57)Abstract:

**PURPOSE:** To easily and efficiently eliminate cancer-inducing active oxygen or radical existing in a food or generated in living body by using vegetables as eliminating agent.

**CONSTITUTION:** For example, scorching often occurs in the heat cooking of a food, which is the thermal decomposition product of a proteineous food or a polycyclic aromatic hydrocarbon, etc., from a carbohydrate food. Cancer- inducing active oxygen or radical is generated in the course of metabolism of the above product. In addition to the above, active oxygen is generated in living body by the metabolism of various harmful substances. The generated active oxygen or radical can be efficiently eliminated by the use of vegetables. Preferable examples of the vegetables are spinach, radish leaf and vegetable juice.

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## LEGAL STATUS

[Date of request for examination]

[Date of sending the examiner's decision of rejection]

[Kind of final disposal of application other than the examiner's decision of rejection or application converted registration]

[Date of final disposal for application]

[Patent number]

[Date of registration]

[Number of appeal against examiner's  
decision of rejection]

[Date of requesting appeal against examiner's  
decision of rejection]

[Date of extinction of right]

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